

The Spice And Herb Bible

The Spice And Herb Bible The spice and herb bible is an authoritative and comprehensive guide that explores the fascinating world of culinary herbs and spices. Whether you're a professional chef, a passionate home cook, or a curious food enthusiast, this book serves as an invaluable resource to deepen your understanding of the flavors, uses, and health benefits of a vast array of herbs and spices. In this article, we will delve into what makes the spice and herb bible a must-have reference, its key features, and how it can elevate your cooking and knowledge about these essential ingredients.

What is the Spice and Herb Bible? An Overview The spice and herb bible is a detailed reference book that catalogs hundreds of herbs and spices from around the world. It provides readers with in-depth information about each ingredient, including its origin, flavor profile, culinary uses, medicinal properties, and tips for storage and pairing. Authored by experts in herbalism, botany, and gastronomy, this book aims to be both educational and practical.

Purpose and Audience Designed for a broad audience, the spice and herb bible caters to:

- Professional chefs seeking to expand their ingredient knowledge
- Home cooks looking to enhance their recipes
- Herbalists and health enthusiasts interested in medicinal properties
- Food writers and bloggers aiming for accurate, detailed information

The comprehensive nature of the book makes it a versatile resource for anyone interested in the culinary and health aspects of herbs and spices.

Key Features of the Spice and Herb Bible

- Extensive Ingredient Profiles** One of the standout features of this book is its detailed profiles for each herb and spice. These profiles typically include:
 - Scientific and common names
 - Historical background and cultural significance
 - Flavor and aroma descriptions
 - 2 Best culinary applications
 - Health benefits and medicinal uses
 - Storage tips and shelf life
 - Pairing suggestionsThis comprehensive approach helps users understand not just how to use each ingredient, but also its background and significance.
- Rich Visual Content** The book often features high-quality photographs, illustrations, and charts that aid in identification and understanding. Visual aids are particularly useful for recognizing fresh herbs, dried spices, and their various forms.
- Global Coverage** The spice and herb bible covers ingredients from diverse culinary traditions, including:
 - European herbs like rosemary, thyme, and basil
 - Asian spices such as turmeric, cardamom, and Sichuan peppercorns
 - African seasonings like berbere and harissa
 - Latin American herbs and spices including cumin and cilantroThis global perspective enriches your culinary repertoire and encourages experimentation with international flavors.
- Educational Content and Tips** Beyond ingredient profiles, the book offers practical advice, such as:
 - How to grind and prepare herbs and spices
 - Creative combinations and flavor pairings
 - Recipes that highlight specific ingredients
 - Guidelines for substituting one herb or spice for anotherSuch tips make the book not just informative but also highly applicable.

Benefits of Using the Spice and Herb Bible

- Enhancing Culinary Skills** By understanding the nuances of different herbs and spices, cooks can develop more complex and balanced dishes. Knowledge of flavor profiles and pairing options helps create harmonious and innovative recipes.
- Promoting Health and Wellbeing** Many herbs and spices possess medicinal properties, such as anti-inflammatory effects, antioxidants, and digestive aids. The book

educates readers about these health benefits, encouraging mindful ingredient choices. Preserving Cultural Traditions Exploring the background and traditional uses of herbs and spices fosters appreciation for cultural heritage and culinary history. It also inspires authentic cooking from various regions. Supporting Sustainable and Ethical Sourcing Understanding the origins and cultivation of herbs and spices can promote more sustainable purchasing decisions, supporting fair trade and environmentally friendly practices. How to Make the Most of the Spice and Herb Bible Practical Tips for Users To maximize the benefits of this resource: Use the index or search features to quickly find ingredients¹. Keep the book handy in the kitchen for quick reference during cooking². Experiment with new herbs and spices based on the profiles and pairing suggestions³. Combine knowledge from the book with your own taste preferences to develop⁴. signature dishes Share insights and discoveries with friends and family to foster culinary curiosity⁵. Complementary Resources While the spice and herb bible provides extensive knowledge, consider supplementing it with: Cooking classes focusing on herbs and spices Herb and spice gardening guides Health and herbal medicine books Online forums and communities dedicated to culinary arts These resources can deepen your understanding and practical skills. 4 Conclusion The spice and herb bible stands out as an essential guide for anyone passionate about the culinary and medicinal qualities of herbs and spices. Its comprehensive profiles, rich visuals, and practical tips empower readers to elevate their cooking, explore global flavors, and incorporate health benefits into their diets. Whether you're looking to refine your culinary skills, learn about traditional uses, or simply discover new ingredients, this book is a valuable addition to your kitchen library. Embrace the world of herbs and spices with confidence and curiosity, and let the spice and herb bible be your trusted companion on this flavorful journey. QuestionAnswer What is 'The Spice and Herb Bible' and who is the author? 'The Spice and Herb Bible' is a comprehensive guide to over 150 herbs and spices, detailing their uses, flavors, and culinary applications. It was authored by Jane Lawson. How can 'The Spice and Herb Bible' help improve my cooking skills? The book provides detailed descriptions, flavor profiles, and recipes, enabling home cooks to better understand and incorporate herbs and spices into their dishes for enhanced flavor. Does 'The Spice and Herb Bible' include health benefits of herbs and spices? Yes, it covers the medicinal properties and health benefits of various herbs and spices, making it a useful resource for those interested in natural remedies. Is 'The Spice and Herb Bible' suitable for beginners or more advanced cooks? The guide is suitable for all skill levels, offering beginner-friendly explanations alongside detailed insights for more experienced cooks and culinary enthusiasts. Are there international recipes in 'The Spice and Herb Bible'? Yes, the book features a variety of international recipes that showcase the diverse culinary uses of herbs and spices from around the world. Can I find preservation tips for herbs and spices in 'The Spice and Herb Bible'? Absolutely. The book includes tips on how to store, dry, and preserve herbs and spices to maximize their flavor and shelf life. Is 'The Spice and Herb Bible' available in digital formats? Yes, it is available as an e-book and in digital formats, making it accessible for readers who prefer digital reading or want portable access to the guide. The Spice and Herb Bible: A Comprehensive Exploration --- Introduction: Embracing the World of Flavors In a culinary universe where flavor is king, The Spice and Herb Bible stands out as an indispensable resource for chefs, home cooks, herbalists, and food enthusiasts alike. This book is more than just a collection of recipes; it's a meticulous compendium that delves The Spice And Herb Bible 5 into the rich history, diverse applications, and nuanced profiles of over a thousand spices and herbs. Its detailed approach transforms the often-overlooked ingredients into stars of the kitchen, inspiring

creativity and fostering a deeper appreciation for the world of flavors. --- Overview of the Book's Scope and Structure The Spice and Herb Bible is structured to serve as both a reference manual and an educational guide. Its comprehensive content covers: - Botanical background of each spice and herb - Culinary uses and flavor profiles - Historical and cultural significance - Medicinal properties - Growing and harvesting tips - Storage and preservation techniques This multi-faceted approach ensures that readers not only learn how to use various spices and herbs but also understand their origins and significance across different cultures. --- Deep Dive into Content: What Makes This Book Stand Out Extensive Botanical and Historical Insights One of the most compelling features of The Spice and Herb Bible is its detailed botanical descriptions. Each entry begins with: - The scientific name - Origin regions - Description of plant morphology - Cultivation notes This scientific backbone enhances credibility and provides a solid foundation for understanding the ingredients beyond just their culinary uses. Furthermore, the book explores the historical journey of spices and herbs—how they traveled along trade routes like the Silk Road, their roles in ancient civilizations, and their influence on global cuisine. For example, insights into how cinnamon was once a highly guarded secret in the royal courts or how saffron became a symbol of luxury offer readers a richer context. Flavor Profiles and Culinary Applications A core strength of the book is its detailed breakdown of flavor profiles, which helps cooks select the perfect spice or herb for their dishes. It categorizes ingredients based on: - Taste characteristics: sweet, spicy, bitter, pungent, aromatic - Common pairings: meats, vegetables, grains, desserts - Cooking methods: roasting, grinding, infusing, marinating The book provides culinary suggestions for each ingredient—whether it's adding cardamom to baked goods, infusing turmeric into rice, or using fresh herbs to brighten salads. Sample flavor profile overview: | Spice/Herb | Flavor Notes | Best Uses | Pairing Suggestions | |-----|-----|-----|-----| | Cumin | Earthy, nutty, warm | Curries, stews | Lentils, coriander, garlic | | Basil | Sweet, peppery, aromatic | Pesto, salads | Tomatoes, olive oil, garlic | This structured approach simplifies recipe development and encourages experimentation. The Spice And Herb Bible 6 Medicinal and Therapeutic Insights Beyond the kitchen, The Spice and Herb Bible emphasizes the health benefits and traditional medicinal uses of each ingredient. It discusses: - Anti-inflammatory properties - Digestive aids - Antioxidant effects - Traditional remedies For instance, it highlights how turmeric contains curcumin, known for its potent anti-inflammatory action, or how ginger can alleviate nausea. This aspect appeals to those interested in holistic health and natural remedies, adding another layer of value. Growing, Harvesting, and Storage Tips A unique feature is the practical advice on how to grow your own herbs and spices, including: - Climate and soil preferences - Harvesting times - Drying and curing methods - Proper storage to maintain potency This section encourages self-sufficiency and ensures that the ingredients retain their flavor and medicinal qualities over time. For example, the book recommends storing dried herbs in airtight containers away from light and heat to prevent flavor loss. --- Design, Layout, and Usability The Spice and Herb Bible excels in its user-friendly design. It employs: - Clear headings and subheadings for quick navigation - High-quality photographs illustrating each spice and herb, including images of plants, seeds, leaves, and prepared forms - Color-coded sections to differentiate culinary, medicinal, and growing information - An extensive index for easy reference The layout balances visual appeal with practicality, making it suitable for both casual browsing and in-depth research. --- Audience and Practical Applications This book caters to a diverse audience: - Home cooks seeking to elevate everyday dishes - Professional chefs exploring global flavors - Herbalists integrating medicinal herbs into

wellness routines - Gardeners interested in cultivating their own spices - Food historians and enthusiasts fascinated by cultural stories

It's particularly useful for: - Developing new recipes with authentic ingredients - Understanding the origins and significance of spices - Gaining confidence in handling and storing spices - Incorporating herbs into holistic health practices --- Strengths and Limitations

Strengths: - Comprehensiveness: Covers a vast array of ingredients with detailed info - Educational depth: Provides historical, botanical, and medicinal context - Practical guidance: Offers growing and storage tips - Visual aids: High-quality photographs enhance understanding - User-friendly design: Easy to navigate for quick reference

Limitations: - The Spice And Herb Bible 7 Size and weight: Its comprehensive nature makes it a hefty volume, potentially cumbersome for casual users - Depth vs. breadth: While extensive, some users may desire even more recipes or regional variations - Pricing: Due to its detailed content and quality production, it may be considered a premium purchase --- Conclusion: A Must-Have for Flavor Enthusiasts

The Spice and Herb Bible is more than just a reference; it's a voyage into the aromatic, flavorful, and medicinal worlds of spices and herbs. Its meticulous research, rich visuals, and practical advice make it an invaluable resource for anyone passionate about enriching their culinary repertoire or exploring natural health remedies. Whether you're a seasoned chef looking to deepen your understanding or a curious beginner eager to experiment, this book invites you to unlock the secrets of nature's most flavorful gifts. In essence, it empowers you to harness the full potential of spices and herbs—transforming ordinary ingredients into extraordinary culinary and health experiences. As a cornerstone in any spice lover's library, The Spice and Herb Bible promises to inspire, educate, and elevate your culinary journey for years to come.

spice guide, herb encyclopedia, cooking herbs, culinary spices, herbal medicine, spice blends, herb gardening, flavoring techniques, spice storage, herbal remedies

The Mystery of Herbs and Spices The Spice and Herb Bible Field Guide to Herbs & Spices Culinary Herbs & Spices of the World

Beginners Guide To Herb And Spices- How To Use Them Herb & Spice Companion Herbs & Spices Spice Notes The Spice Lover's Guide to Herbs and Spices The Contemporary Encyclopedia of Herbs & Spices The Healing Powers of Herbs and Spices How To Cook With Spices And Herbs- Keys You Need To Easily Unlock Your Creative Success In The Kitchen Spice Notes and Recipes Chef's Guide to Herbs and Spices Essential Spices and Herbs The Magic of Spice Blends A Beginner's Guide To Cooking With Spices And Herbs Herb and Spices The Cook's Reference The ABC of Herb and Spice Cookery Just Add Spice James Moseley Ian Hemphill Aliza Green Ben-Erik van Wyk Gregory Sims Lindsay Herman Jill Norman Ian Rupert Hemphill Tony Hill Tony Hill Cal Orey Virgil Field Ian Hemphill Jay Weinstein Christina Nichol Aliza Green Dane Larson Jill Norman Peter Pauper Press Lyndey Milan

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the mystery of herbs and spices offers 53 tell all biographies of celebrated spices and herbs tales of war sex greed hedonism cunning exploration and adventure reveal how mankind turned the mere need for nourishment into the exaltation of culinary arts is it a spice or herb where does it come from and what causes its taste what legends or scandals embellish it to what curious uses has it been put how can you use it today neither a cookbook nor dry scholarship the book employs anecdotes and humor to demystify the use and character of every spice or herb sample chapters from the mystery of herbs and spices follow introduction better is a dinner of herbs where love is than a fattened calf with hatred proverbs 15 17 herbs and spices they impart glory to food and variety to life they are what separate the mere cook from the gourmet but they can be confusing what is the difference between a herb and a spice what foods do they go with and don't you feel silly not knowing if you are supposed to say herb or herb you might think a gourmet who understands such things is a sort of wizard that's what people thought in the middle ages when users of herbal medicines were accused of witchcraft and burnt but to people who grow up in india or thailand exotic spices are common they use a wealth of seasonings as casually as we scatter ketchup and pepper cooking with cardamom or cumin might seem a mystery of subtle kitchens but did you know that ordinary pepper was once precious and rare if you lived in europe seven hundred years ago you could pay your rent or taxes in peppercorns counting them out like coins you could have bought a horse for a pound of saffron a pound of ginger would get you a cow and a pound of nutmeg was worth seven fat oxen if you were an exceptionally lucky bride your father might give you peppercorns as a dowry now consider how casually we dash a bit of pepper over a fried egg today like anything else herbs and spices are easy to use when you are familiar with them but like nothing else the story of spices is laced with adventure ferdinand magellan launched the first voyage around our planet by the time he reached the pacific ocean he had been out of touch with civilization for a year sailing from the west coast of south america he headed out onto a briny desert of burning glass he had no maps he had no radio he had ridiculously small and leaky ships he was going where no one had ever gone before the hissing swells of the pacific would take him four frightening months to cross without laying eyes once on land there would be nothing like this adventure for another five hundred years not until our exploration of space magellan died out there in the unknown only eighteen of his 237 sailors straggled back to spain what did they have to show for it silver gold scientific discoveries no nutmegs and cloves twenty six tons of them enough to pay for the entire cost of the voyage and make a profit of 500 gold ducats for every shareholder no one doubted for one second that the whole adventure had been worth it spices they enhance our food that's all but since the human race began to dream the story of spices has enchanted our fantasy as well where do they come from why are they so enticing in what new ways can we use them this is a book of discovery unfurl your sails like magellan and follow the fragrance of spices and herbs to their source gather their lore and let them not only season your cooking but enrich your enjoyment of life peter piper if peter piper picked a peck of pickled peppers how many pickled peppers did peter piper pick it might seem funny now but it wasn't funny at the time pierre poivre of lyons france otherwise known as peter pepper or peter piper was a real person born in 1719 he started his career as a christian missionary and founded a bank in vietnam in 1766 he became governor of isle

de france mauritius the french colony far off the southeast coast of africa the eponymous tongue twister made fun of the pierre s hare brained schemes on his lovely but lonely tropical island far from the glitter of paris peter piper watched dutch ships freighting precious cargoes of cloves nutmeg and cinnamon right under his nose from the far east to amsterdam the spice trade created fabulous wealth spices were cheap to grow they were compact and lightweight so that huge loads could be crammed into a ship s hold prices in europe were high so that an indiaman could realize a 4 000 per cent profit in a single voyage no other cargo could compare now why thought peter piper couldn t those spices be grown in his colony of course the dutch wouldn t just hand them over but if one could sneak into the dutch colony of indonesia and smuggle out a seedling or two what wealth for france what gloire for pierre poivre and he did it in 1769 governor poivre equipped two fast ships that slipped through the dutch blockade into a lonely harbor on the island of jibby in the moluccas the french expedition persuaded the local rajah to sell sixty clove plants the dutch found out but could not outsail the swift french corsairs two of the pilfered trees bore fruit in 1775 in 1776 peter piper presented the first french grown cloves to his christian majesty king louis xvi cloves were planted in the other french colonies of reunion cayenne and martinique but historical events foiled peter s piper s plan for a new french monopoly napoleon occupied holland in 1800 in a counter move france s enemy england seized the dutch colonies in the east they sent clove and nutmeg plants to the british colonies of malacca and ceylon to the west indian islands of st vincent trinidad grenada and in africa to zanzibar which became the most important source of cloves on earth even to this day so the greatest harvest of peter piper s pilfered plants came long after he left mauritius in 1776 and what glory did peter piper get an inaccurate nursery rhyme about picking pickled peppers cinnamon and cassia the greeks thought that cassia cinnamon s cousin was collected from a swamp infested by giant shrieking bats cinnamon is probably the oldest spice known to man twenty five centuries before christ pharaoh sankhare sent a sailing expedition down the african coast looking for it and moses used cinnamon to make the anointing oil of hebrew worship herodotus wrote that somewhere near the fabled city of nasa in arabia giant birds made nests of cinnamon sticks cinnamon harvesters would lay carcasses of donkeys and oxen out for the birds who would swoop down and carry the meat up to their nests the weight of these carcasses would snap bits off the nests and the cinnamon hunters would gather the scattered cinnamon quills below the greeks also thought that cassia cinnamon s cousin was collected from a swamp infested by giant shrieking bats tragically neither story was true arab merchants spread these tall tales to keep their sources of cinnamon secret for europeans dreamed of finding the source of this spice diodorus the sicilian historian who flourished in 50 bc wrote tantalizingly that there was so much cinnamon in arabia that bedouins used it for campfires although both cinnamon and its close cousin cassia are mentioned often in the bible neither ever grew in the holy lands from the faraway tropics of asia daring indonesian sailors followed seasonal winds called monsoons to the coast of africa their cinnamon cargo was freighted by arab sailors up to the red sea or carted by land caravans through kenya 2 000 miles along the Nile until it reached the mediterranean shores cassia which is so like cinnamon but grows in china was packed along the famous silk route from south china through the gobi desert over the himalayas and to antioch syr

the new edition of the iacp award winning book on spice cooks everywhere use spices and herbs to enhance food flavors and to create new taste combinations and sensations from bay leaves to lemongrass to vanilla beans a well stocked kitchen must have a wide

selection of herbs and spices this expanded and completely revised new edition is the culmination of ian hemphill's lifelong experience in the spice industry it is a fascinating and authoritative guide hemphill describes a wide range of global herbs and spices used in modern kitchens either alone or in wonderful blends he completely demystifies the art of combining herbs and spices and home cooks can meet and enjoy a world of flavors previously found only at internationally inspired restaurants he provides the inside story based on his extensive experience in this ancient and stimulating industry the third edition features 6 new spice entries for a total of 97 102 new recipes 33 new curry spice blends and 17 new spice blends there is also a new and fascinating section travels in the spice trade that includes his personal anecdotes and travel stories the interior pages have been completely redesigned and reorganized with full color throughout all the entries are listed alphabetically with a detailed color photo of every herb and spice there are also comprehensive and handy storage suggestions with details for every herb and spice a full circle culinary experience in the world of herbs and spices this new edition is still the definitive reference in its field

learn to cook with over 200 herbs and spices with this handy guide featuring detailed plant profiles flavor packed recipes and stunning photos become an expert in flavor pairings and seasonings field guide to herbs spices will forever change the way you cook with this practical guide including full color photographs of more than 200 different herbs spices and spice mixtures you'll never again be intimidated or confused by the vast array of spices available learn to discern the differences between the varieties of basil the various colors of sesame seeds the diverse types of sugar and salt and even how to identify spice pastes like zhong harissa and achiote each entry features a basic history of the herb or spice saffron used to be worth more than gold its season if applicable selection and preparation tips a recipe featuring the seasoning and some suggested flavor pairings complete with more than one hundred recipes field guide to herbs spices is a must have resource for every home cook

if you're ready to delve deeply into the herbs and spices that characterize the world's cuisines then this scholarly reference is for you new york times for centuries herbs and spices have been an integral part of many of the world's great cuisines but spices have a history of doing much more than adding life to bland foods they have been the inspiration for among other things trade exploration and poetry priests employed them in worship and shamans used them as charms to ward off evil spirits nations fought over access to and monopoly of certain spices not only were many men's fortunes made in the pursuit of spices spices at many periods throughout history literally served as currency in culinary herbs and spices of the world ben erik van wyk offers the first fully illustrated scientific guide to nearly all commercial herbs and spices in existence van wyk covers more than 150 species from black pepper and blackcurrant to white mustard and white ginger detailing the propagation cultivation and culinary uses of each introductory chapters capture the essence of culinary traditions traditional herb and spice mixtures preservation presentation and the chemistry of flavors and individual entries include the chemical compounds and structures responsible for each spice or herb's characteristic flavor van wyk also offers a global view of the most famous use or signature dish for each herb or spice satisfying the foodie's curiosity about new dishes from little known culinary traditions this beautiful thorough well written and researched text will be of interest in any public or academic library

reference collections as well as to chefs gardeners lovers of food culinary adventurers and anyone who enjoys a good encyclopedia library journal starred review

knowing how to use spices can significantly enhance the flavor of all your favorite recipes spices can transform any dull meal by adding a range of delicious flavors from a just hint of heat to a mild more subtle taste seasoning with spices is often intimidating for beginners if you re not familiar with their uses beyond that understanding more about spices and herbs will spark some curiosity to try something you haven t tried before most of us have some international cuisine favorites and assume we could not come close to the taste we get from our go to authentic restaurants often the secret lies in that game changing spice or herb we never took time to purchase and experiment with you really can become a more skilled knowledgeable and successful home cook with a multi cuisine repertoire this book will help you unlock this untapped potential here s a taste of what you ll learn detailed descriptions of over 50 key spices and herbs and international cuisines linked to each one how to cook with spices and herbs spices and herbs that complement various vegetables and meats how to create a great marinade how to substitute for spices and herbs you do not have popular international spice blend recipes and more

you can spice up your cooking when you learn how to grow dry store and use over 100 herbs and spices from angelica to woodruff allspice to vanilla herb and spice companion is your ultimate guide for using fresh and dried herbs and spices in the kitchen inside this handy book get descriptions of more than 100 herbs and spices from around the world discover useful tips on storing and using spices to create innovative combinations of flavors this is the essential guidebook to using herbs and spices to add flavor and depth in your cooking from basil to beebalm from lavender to lemon verbena learn all of the interesting aspects of your herbs including their rich history how to grow harvest and dry them and even their unique medicinal uses this is a must have for anyone s cookbook library

herbs spices is the essential cook s companion now redesigned and updated with all new recipes a classic reference the best selling herbs spices is a trusted resource in the kitchen with more than 200 unique herbs and spices from around the world showcased alongside gorgeous full color photography flavor notes and pairings this new updated edition includes the newest herbs spices and flavorings influencing global cuisine today plus more than 180 recipes for main dishes marinades pastas pickles and sauces part spice cookbook part kitchen encyclopedia herbs spices offers handy seasoning how tos how to identify and choose the best herbs spices and other flavorings how to prepare and cook with them to ensure you are making the most of their flavors how to make your own blends spice rubs sauces and more then customize them for your family s palate herbs spices is perfect for beginning cooks just setting up a kitchen foodies exploring the deliciously exotic mash ups of today s modern cooking and experts looking for ways to experiment with new flavor combinations this practical illustrated reference book gives you all the guidance you need to become a master of seasonings and to make tantalizing food from around the world

guide to culinary herbs and spices covers the history of the spice trade and cultures and cuisines of the spice world provides detailed

information on the herbs and spices used in today's cooking and over 50 recipes includes bibliography and index author managed a spice company in singapore was a senior manager for a multinational food company in australia and currently runs a specialty spice shop in sydney

iACP cookbook award finalist nobody knows herbs and spices like tony hill owner of seattle's famed world merchants spice herb teahouse now in this acclaimed book hill gives us a comprehensive guide to these essential flavorings based on his travels around the globe blending culinary history the lore of the spice routes and his own inimitable tasting notes he profiles more than 125 herbs and spices ranging from the familiar to the exotic he gives practical information and advice including how best to use nine popular chiles what distinguishes true cinnamon from cassia cinnamon and why it makes a difference where your bay leaf comes from plus more than 75 delicious recipes for distinctively spiced dishes to top it all off hill reveals the secret recipes for 85 of his signature herb and spice blends including barbecue rubs mulling spices chili powders chai mixes and curry powders complete with 185 color photographs the spice lover's guide to herbs spices is an indispensable culinary reference that is both a pleasure to cook with and enjoyable to read hill is way ahead of cookbook authors who cling to parsley in a cilantro world this is the book for anyone who has been lucky enough to find grains of paradise or aleppo pepper and wonders where to go from there regina schrambling los angeles times even those who never cook may find themselves often dipping into this intriguing read cece sullivan the seattle times

more than 350 herbs spices and spice blends information on history and country of origin latin names and botanical background cooking and use guidelines more than 75 recipes back of jacket

boost your immune system with antioxidants lower your risk for the flu cancer diabetes heart disease and more with ordinary everyday ingredients you can find at home and make healthy green choices in today's fast changing world the key to vibrant health for all generations is in your kitchen anise bay leaf garlic parsley turmeric and more for thousands of years herbs and spices have been praised for preserving and flavoring food as well as preventing and curing illnesses the latest research reveals that the seasonings already in your pantry or easily found fresh in your supermarket or garden can lower your risk for cancer heart disease and obesity this a to z guide catalogues the most popular and versatile herbs and spices drawn from the mediterranean diet but suitable for any diet plan you will learn how to harness herbalism to heal your body and mind discover how to use nature's gifts including allspice chives fennel oregano pepper tarragon saffron and special blends like herbes de provence to bring abundant zest to your table while lowering your cholesterol balancing your blood sugar and revving up your metabolism at any age ward off colds and flu banish a hacking cough and even ease pms or menopause woes by adding tasty plant therapy to your favorite food or drink lessen your anxiety and boost your mood with aromatic natural ingredients found in dried and fresh flavorings soothe aches and pains without harmful side effects and trigger feel good endorphins using sweet and savory garnishes including edible flowers create in home spa treatments using the same herbal potions featured at luxury spa resorts caraway breadsticks anyone how about cilantro lime slaw herbal greek bean soup or roasted paprika cornish hens with over 50 taste tempting recipes along with personal stories and fascinating historical anecdotes on

medicinal uses dating back to biblical times the healing powers of herbs and spices is your go to guide to embracing limitless energy and healthy longevity while feasting on memorable meals full of aroma and deliciousness includes 16 pages of color photos

knowing how to use spices can significantly enhance the flavor of all your favorite recipes spices can transform any dull meal by adding a range of delicious flavors from a just hint of heat to a mild more subtle taste seasoning with spices is often intimidating for beginners if you re not familiar with their uses beyond that understanding more about spices and herbs will spark some curiosity to try something you haven t tried before most of us have some international cuisine favorites and assume we could not come close to the taste we get from our go to authentic restaurants often the secret lies in that game changing spice or herb we never took time to purchase and experiment with you really can become a more skilled knowledgeable and successful home cook with a multi cuisine repertoire this book will help you unlock this untapped potential here s a taste of what you ll learn detailed descriptions of over 50 key spices and herbs and international cuisines linked to each one how to cook with spices and herbs spices and herbs that complement various vegetables and meats how to create a great marinade how to substitute for spices and herbs you do not have popular international spice blend recipes and more

essential 6 page laminated kitchen proof guide for both the professional chef and homegrown culinary enthusiast chef jay weinstein cia trained veteran of america s finest kitchens including new york s le bernardin and boston s jasper enumerates the relevant leaves seeds barks buds resins and other plant based seasonings of modern world cuisines sharing techniques such as infusions herb oils rubs and curries in easy to execute tip boxes and charts enabling any cook to make any flavor fast from aromatic properties to classical and cutting edge pairings create flavor profiles of both western foods and emerging food scenes of asia latin america and beyond make marinades truly penetrate broths genuinely profound and coax the most essence from every herb and spice for gardening chefs the guide enumerates the seven best methods for locking flavor into dried infused and otherwise preserved homegrowns for the aroma curious it maps out intriguing spice adventures to enliven everyday meals for the novice it defines every herb and spice needed to produce just about any dish they wish to master this may be the only herb and spice reference a good cook will ever need 6 page laminated guide includes definitions herbs fresh or dried cuts blends bundles curries buying storing preserving herbs spices drying herbs salt tips tricks chili powders culinary herbs reference table photo of the herb description flavor profile pairings forms chef s comments culinary spices reference table photo of the spice description flavor profile pairings forms chef s comments coaxing the essence growing at home marinades rubs

50 herbs and spices that will transform the way you cook the key to becoming a skilled home cook isn t about tracking down the perfect recipes or mastering the techniques of professional chefs it lies in understanding the vast world of flavor one that can be difficult to navigate essential spices and herbs introduces you to the 50 must know herbs and spices that will take your cooking to the next level detailed profiles of these game changing flavors for the modern kitchen include pairing suggestions complimentary foods and noted health benefits plus recipes to put them to use acquaint yourself with the aromas and flavors of these fundamental herbs and spices

with an overview of the healing powers of key herbs and spices over 100 delicious easy to prepare recipes 10 essential spice mixes to quickly add flavor to any dish a guide to spice and herb combinations by cuisine to celebrate global flavors informative tips for buying and storing spices and herbs part reference part cookbook essential spices and herbs will guide you along your journey through the magical world of flavor recipes include cold bulgarian cucumber soup roasted garlic and brie rosemary grits brown butter sage sauce with tagliatelle and pumpkin thyme stuffed baked tomatoes

annotation aliza green provides a fully illustrated guide to spices creating 50 spice blends and 50 recipes using flavor profiles from around the world

knowing how to use spices can significantly enhance the flavor of all your favorite recipes spices can transform any dull meal by adding a range of delicious flavors from a just hint of heat to a mild more subtle taste seasoning with spices is often intimidating for beginners if you re not familiar with their uses beyond that understanding more about spices and herbs will spark some curiosity to try something you haven t tried before most of us have some international cuisine favorites and assume we could not come close to the taste we get from our go to authentic restaurants often the secret lies in that game changing spice or herb we never took time to purchase and experiment with you really can become a more skilled knowledgeable and successful home cook with a multi cuisine repertoire this book will help you unlock this untapped potential here s a taste of what you ll learn detailed descriptions of over 50 key spices and herbs and international cuisines linked to each one how to cook with spices and herbs spices and herbs that complement various vegetables and meats how to create a great marinade how to substitute for spices and herbs you do not have popular international spice blend recipes and more

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illustrations pepper pages with humor and verve let s hie to the kitchen the time s come to bake my mouth is all fixed for a caraway cake

spices are nature s gift to the home cook they add depth aroma and complexity to the simplest of foods turning a barbecue into a feast and a family roast into a culinary event lyndey milan much loved food and wine personality and ian herbie hemphill the king of spice join forces to show you how to give ordinary dishes a flavour renovation with the simple addition of spice using nothing more exotic than the contents of the average spice rack you will learn how to pep up pumpkin soup with curry paste and ginger reinvent scrambled eggs with chilli and chorizo and turn up the heat with a robust vindaloo curry learn how to match spices with ingredients and unlock the secrets of successful spice mixes such as garam masala dukkah and chinese five spice discover the properties of different spices the sweetness of cinnamon the pungency of star anise and the fieriness of chilli and see how different cooking methods from a slow simmer to a quick pan fry draw out these wonderful tastes and aromas follow the grog notes to achieve what many of us find so difficult the successful matching of spicy food with wine and beer beautifully photographed and packed with practical information just add spice is your guide to creating sophisticated restaurant style flavours with a minimum of fuss expense and time an excellent all purpose guide for anyone keen on spicing up their meals sun herald

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